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We hope you find this resource helpful in your Healthy Harvest festivities!

Idaho Preferred® is a part of the Idaho State Department of Agriculture  
The Child Nutrition Program is a part of the Idaho State Department of Education



*present*

# Healthy Harvest

**Fun in**



.....  
A guide to implementing a  
Healthy Harvest  
Celebration.



# Healthy Harvest Activities

Use these fun activities to promote healthy eating and physical exercise using fresh, local produce straight from the farm!

## Watermelon

### What you'll need:

- 1 small watermelon
- 6 plastic milk bottles (each station)
- Duct tape, chalk or string to form lanes



### Set Up:

Use duct tape, chalk or string to form lanes. Set up milk cartons as bowling pins.

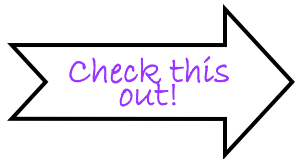
### Directions:

Each student receives a watermelon for bowling. Instruct the students to knock down all the cartons in one turn.

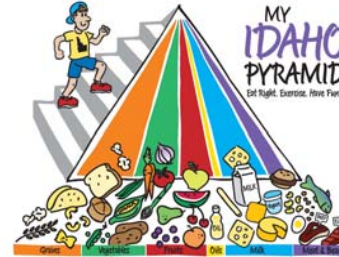


### Even more fun:

For a challenge, try bowling from the knees, backwards, or various positions (left leg raised, arms tied together)- get creative!



## My Idaho Pyramid



### What you'll need:

- 2 *My Idaho Pyramid* images
- Duct tape, masking tape or string with stakes
- Variety of foods, products from all food groups
- 6 paper grocery bags
- 3 orange cones

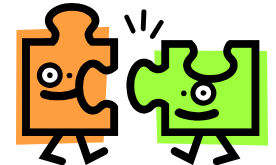
### Set Up:

Use duct tape, masking tape or string with stakes to create a food pyramid outline.

Place orange cones approximately 20 feet from the pyramid (starting line).

Place a *My Idaho Pyramid* poster at each starting point.

Place 4-5 food items, each from a different food group, in paper bags.

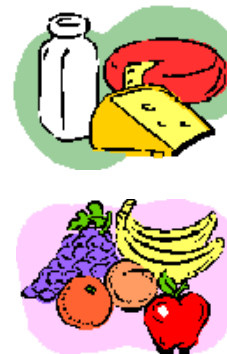


### Directions:

At the starting line, give each student a bag with food. (Tell students that they can't look inside bag until they reach the Pyramid outline).

Show each students a copy of the *My Idaho Pyramid* for 5-10 seconds.

On the "Go!" signal, students should run to the pyramid outline and place the food from the bag into the *My Idaho Pyramid* in the correct place as fast as possible, then



### Helpful Hint!

You can also have a picture of the *My Idaho Pyramid* next to each pyramid outline to help students place food correctly.

# Potato Tic-Tac-Toe

## What you'll need:

12 potatoes, not suitable for eating  
Duct tape, masking tape, or string  
and stakes



## Set Up:

Set up a large tic-tac-toe on ground using duct tape, masking tape or string and stakes (each square should be about a foot wide).

Use orange cones to designate the tossing line.

## Directions:

Give each student 4 potatoes.

Tell the students the object of the game is to toss three potatoes in a row: diagonally, horizontally, or vertically.

Make sure the children only throw underhand (the game is best played on soft ground, preferably grass).



## *Helpful Hint!*

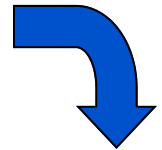
Again, make sure to use potatoes (or any other type of fruit or vegetable) that isn't suitable for eating to ensure kids don't misinterpret the point of the game.

# Need Ideas for Back to School Night?

Include all members of the family in the  
Healthy Harvest Celebration by adding fun,

## Try Guessing...

- ... The number of grapes in a cluster
- ... The number of kernels on a corn cob
- ... The number of seeds in a pumpkin
- ... The weight of a pumpkin or watermelon



## Set up a Mr. Potato Head Station

Kids love the creative aspect of the classic Mr. Potato Head game, so why not add an Idaho agricultural twist? Supply toothpicks and sliced cucumbers, peppers, onions, various berries, spinach, peas, grapes, carrots, etc. and let the parents and children experience this great project together.

**Have several different pre-made**

## Guess the Food Activity

This is sure to challenge young and old alike! Set up several boxes with hand-sized holes featuring well known fruits (such as onions, potatoes, carrots) and a few challenging items as well (cucumbers, zucchinis, melons, raspberries, beans and peas).

# Apple Toss

## What you'll need:

- 3 large (4'x6') pieces of foam core
- 12 small red and green apples
- 4 orange cones
- 3 milk crates (or other object heavy enough to prop targets up against)



## Set Up:



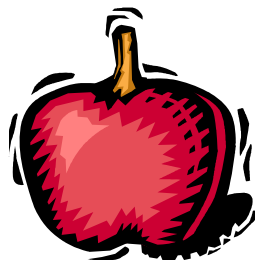
Use a scissor or knife to cut each foam board into the shape of an apple. Cut four holes in each apple (these will be the targets).

Place targets 10 feet apart.

Place cones approximately 5 feet from target as starting point.

## Directions:

Have students line up behind orange cones. Give the first student 3 apples and instruct student to toss apples underhand at the targets. The object is to toss apples through the holes in the targets.



## *Helpful Hint!*

To ensure students don't misinterpret this game as "playing with their food", use leftover apples from the cafeteria or those that aren't suitable for eating.

# Fun, Easy Idaho

Try these healthy recipes featuring fresh Idaho

## The "Great" Idaho Cookie

- 1 cup great white northern Idaho beans partially drained
- 1/4 cup shortening
- 2 tsp vanilla
- 3 eggs
- 1 cup sugar
- 2 cups brown sugar
- 3 cups flour
- 3 cups oatmeal
- 1 1/2 tsp baking soda
- 1 tsp salt
- 2 cups dried cherries

Blend beans until smooth. Add shortening, vanilla and eggs and mix well. Set aside. Mix sugar, brown sugar, flour, oatmeal, baking soda and salt. Add dry ingredients to bean mixture, stirring just until blended. Stir in dried cherries.

Bake at 375 for 8-10 minutes.



## Ice Cream in a Can

### What you'll need:

- 2 clean metal cans, both with lids (make one can larger than the second)
- 2 quarts Idaho dairy milk
- 2 cans sweetened-condensed milk
- 1 (4 oz) package instant pudding
- 1 cup sugar
- 3 cups rock salt
- 5 pound bag of ice
- 1 cup fresh Idaho berries

Mix pudding with milk. Add sugar, berries and condensed milk and place in smaller can (one recipe fills three one-pound cans). Place small can in large can and center. Add rock salt and ice around edges (you may want to seal with duct tape). Once tightly sealed, have kids take turns kicking or rolling can for about half an hour or until mixture hardens.



Many additional recipes using Idaho fruits and vegetables are available upon request. Contact Kim Polzin at the Idaho State Department of Agriculture via email: [kpolz@agri.idaho.gov](mailto:kpolz@agri.idaho.gov) for more information.

# Healthy Harvest

Here are some fun facts about Idaho fruits for you to use during your school's Healthy Harvest Celebration. Use them in morning announcements, a school-wide trivia contest or

1. Apples grow on every continent except Antarctica.
2. Idaho farmers grow enough apples for each person in Idaho to eat 25 apples a month – nearly 1 a day for the whole year!
3. It takes 36 apples to create one gallon of apple cider.
4. The world record for the heaviest apple is 3 pounds 1 ounce.
5. A watermelon is 92% water – hence its name.
6. A watermelon is actually a vegetable and is related to the cucumber, pumpkin and squash.
7. Early explorers used watermelons as canteens.
8. The peach came to the New World on Spanish explorers' ships. Several tribes of Native American Indians were particularly fond of peaches, and cultivated them carefully. It is probable that the spread of peaches was due to the Native Americans.
9. A pluot is a fruit that was developed by crossing a plum and an apricot.
10. In the United States, Idaho ranks first in potato and trout production, second in barley and sugar beets, and third in mint, onion, and cheese production.
11. One American farmer produces food for 144 people.
12. 25% of an apple's volume is air – that's why apples float!
13. In 2004, Idaho produced 90 million pounds of apples worth over \$10.6 million.
14. Idaho watermelon, usually harvested in September- but available until mid-October, are very sweet due to cool nighttime temperatures and warm days.

## Potato Sack Race



### What you'll need:

- 3 burlap Idaho potato sacks or old pillowcases (use rope to tie feet together if these aren't available)
- 6 orange cones
- 3 large potatoes

### Set Up:

Place 3 cones approximately 10 feet apart, marking the starting point. Place a burlap sack at each cone.

Place another 3 cones approximately 20 feet from the starting point. Place a potato at each of these 3 cones



### Directions:

Have one student at each cone.

On the signal "Go!", students step into their burlap sacks and hop to the second set of cones, pick up a potato, and hop back to the starting line. Make sure to bring extra sacks/cases in case any rip.

### Even more fun:

Modify this classic activity by having students carry potatoes under their chin, arm, or between the knees for a



# Raspberry Relays

## What you'll need:

- 3 small tables
- 3 place mats
- 6 bowls
- 1 box of "healthy cereal" (Cheerios, Shredded Wheaties)
- 3 spoons
- 3 orange cones
- 9 firm raspberries/blueberries

## Set Up:

Place 3 cones, 10 feet apart to mark the starting point.

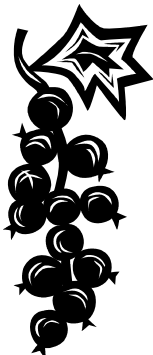
Put a place mat and bowl at each table.

Fill bowls with cereal.



## Directions:

On the "Go!" signal, students will pick up the spoon and scoop one raspberry from the bowl. Students carry the berry on the spoon to the table and put berry on cereal. Then, student runs back to starting line with their spoons to pick up one berry and again place it on the cereal. Students repeat this a third time until all three strawberries are on their cereal and spoons are in the empty bowls at the starting line.



## Did You Know??

Eating delicious berries can help improve a children's learning capability, lowers the risk of some cancers, promotes healthy aging, and improves memory function. Some great Idaho examples include: blueberries, plums, purple grapes, and huckleberries. Incorporate this great food group in your lesson plan today!

# Hay Bale Hurdles



## What you'll need:

- Several small-medium size bales of hay (depending on course length)
- 4 orange cones

## Set Up:

Set two cones at either end of the hay bale course to designate start/end area.

Place hay bales approximately six to eight feet apart as hurdles.



## Directions:

Line students up in two teams at beginning of course and instruct the first student to "hurdle" over hay bales without touching the bale. Once students can easily finish course, set up two teams as relays and encourage loud cheering!



## Want more hay bale ideas?

Straw bales are a great alternative to the popular corn mazes featured throughout Idaho and are much easier to create. Use several parent and staff volunteers to stack 2,3, or 4 bales to create a challenging and fun maze for students of all ages. Spice this activity up by timing students to see who can complete the maze in the fastest time, add hidden prizes to different corners of the maze, or create a treasure map with various pictures or items that the students have to collect before completing the maze.